

Diversity, Equity, & Inclusion Corner

This Month's Happenings: May 2023

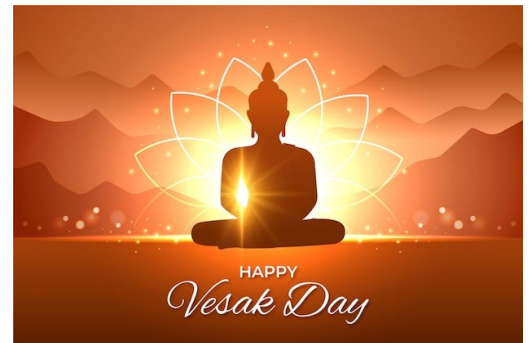
Mental Health Awareness Month

Created in 1949 by [Mental Health America](#), this month aims to raise awareness, educate the public, and reduce stigma associated with mental illness. This Mental Health Month, ask yourself how the world around you affects your overall health. From the zip code you live in to the people you work with, many factors influence our mental health. Explore [Mental Health America's Toolkit](#) for information, tips, and how to seek help for mental health challenges.



Buddha Day 5/26

[Buddha day](#), or Vesak, celebrates [Gautama Buddha's](#) birth, enlightenment, and death. Celebrated on the first full moon of the ancient Lunar month of Vesakha, this holiday is marked with religious ceremonies, meditation, and reflection. Typically, Buddhist temples observe a traditional Buddha Day ceremony, which involves hoisting a Buddhist flag and singing hymns. Followers also celebrate the day by recommitting to the [Five Precepts of Buddhism](#), which aim to help Buddhists live moral and ethical lives.



Memorial Day 5/29

[Memorial Day](#), formally known as Decoration Day, commemorates all those who have died while serving in the United States military. This federal holiday is celebrated on the last Monday of May, with the first Memorial Day dating back to 1868. The holiday began to honor soldiers who had fallen during the Civil War, inspired by traditions of the South. In the late 19th century, Decoration Day became known as Memorial Day and was expanded to include deceased veterans of all the wars fought by American forces.

